

Lee Milteer's

6 Ways to Deal with Stress in Your Busy Life!

Hello everyone and welcome to September. I am not sure about you, but when summer ends and Fall begins, life tends to heat up and projects kick back into gear. Suddenly all the things we have put off or not had time to do come into focus. All this activity has a price. The price is pressure to get stuff done, and let's face it; sometimes life becomes so demanding with pressures from work, family, home, and social life that we need the adult equivalent of Linus' blanket from the Peanuts cartoon. I wanted to share with you some tips for when you are feeling overwhelmed: You might want to **print them out and put them at a place you can see them daily** to make sure you are not giving away your personal power to be in control of your life!

1. Try to get to a place where you can **be alone**. Imagine yourself in your favorite place or a quiet, peaceful location such as in a forest, on the top of a mountain or by the waterfront -- a mental Shangri-la. The University of Delaware has done studies proving that imagining a quiet natural scene in your mind will significantly reduce your stress.
2. Another way to gain control over your emotions is to simply **breathe deeply** several times. When your heart is beating too fast because of anxious feelings, controlled breathing slows your heart and allows you to feel in control again. Breathing is also an effective form of muscle relaxation.
3. Much of the stress we feel is a result of our own thoughts, so if we can think ourselves into a stressful state, we can think ourselves into relaxation. Some **Declarations that are helpful are: "I am now calm and cool under all circumstances; I am in control of my life; I now can let go and relax; I am in control of all my thoughts and actions; I am very effective and efficient in stressful situations. I love and honor myself; I have a positive attitude that I can handle myself in all situations."** Take the time to **listen to an emotionally rewarding and uplifting CD program** that reminds you of your personal power. **Exercise** is also another positive way to change your mood and it has long-term benefits.
4. Give yourself permission to **have some positive personal rewards**; anything that empowers you to feel like you are special! Always keep in mind that bad days don't last. Empower yourself not to let your state of mind control you -- you always control your emotions with your thoughts. Remember to love yourself. This too shall pass.
5. **Be Grateful for what is good in your life** right now. There is nothing like Gratitude to remind you that no matter how bad your day is right now, you still have positive things in your life. The more we focus on what is good in our life, the less time we have to focus on what we are unhappy about. The truth is, no matter how bad your day is, someone else in the world would look at you as being lucky. We must realize that the way to being happy is to look for what is good in our life. The universal truth of life is this: What you focus on expands. Be conscious enough to focus on the blessings you have in life.
6. One of the great things to do in life when dealing with frustration is to **look forward to the future** and what wonderful adventures you can experience and create for yourself and your family.